



FIGHTER LINE

N A S F O R T W O R T H J R B C A R S W E L L F I E L D

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Air Force Reserve Command: Proud Partner in the Total Force

May 7, 2005

NEWS BRIEFS

Know when to stop

While colors are being raised in the morning or lowered in the evening, everyone will come to a stop, turn toward the nearest flag and render honors. If you are in a vehicle, come to a complete stop.

CAC resets available

The Network Control Center, help desk can now reset Common Access Card (CAC) pins. This service is available between 9 to 11 a.m. and 1 to 4 p.m. in Bldg. 1730, Room 123. For service at alternate times, call 817.782.718.

No yellow bracelet when in uniform

The Lance Armstrong bracelet cannot be worn when in uniform. The yellow bracelet supporting his cancer foundation is a noble cause, however the bracelet does not meet the conservative criteria outlined in AFI 36-2903, Dress and Personal Appearance of Air Force Personnel.

IJOLDS sign up deadline nears

The 2005 International Junior Officer Leadership Development Seminar at Woensdrecht AFB, the Netherlands, will run July 1-8, 2005. Apply before May 10, 2005. Call Mickey Crawford, DSN 497.0933 or 800.223.1784, ext. 70933 for more info.



Show me the way to go home

Tech. Sgt. Angel takes a moment to express his personal wishes recently while on guard duty. He comments, "Had fun doing traffic control points on the freeway this morning. Other than that all is well." He is a deployed 301st Security Forces Squadron member assigned to the 407th Expeditionary Security Forces Squadron. (Courtesy Photo)

Caring comes in all sizes, packages

Capt. Dan Dickey

301st Military Operations
Flight Commander

"Hooha!", echoed throughout the school gymnasium. The 336 sixth-graders from Carpenter Middle School in Plano responded to Master Sgt. Sean Gouge and his deployment stories from Iraq.

Sergeant Gouge, 301st MOF first sergeant, and myself, delivered a personal 'thank you' to the sixth-graders.

The stories, lasting half an hour, gave us a chance to interact with the kids and answer their many curious questions.

Sergeant Gouge and myself went to the school to present a small token of their appreciation for organizing a care package, a framed F-16 photo. The care package had been full of cards personally written by the Carpenter students and included a banner addressed to the men and woman deployed to Iraq during last year's holiday season.

Anna Hensley, Carpenter's sixth-grade language arts teacher, is also wife to Senior Airman Scott Hensley, 301st MOF Information Management technician. Ms. Hensley coordinated the activity with her students to create a huge morale booster for the deployed troops in Iraq at just the right time.

"You came to expect care packages from your family, but

(CARING,
continues on page 10)

Support in the sands Deployments mesh Reserve and Guard into total force

Col. "Max" Mendoza
301st Mission Support Group
Commander

My deployment experience to the Central Command (CENTCOM) Area of Responsibility (AOR) began with a short phone call in November 2004: "Max, this is the AFRC AEF Cell. I've been told to call and ask you whether you can deploy within 72 hours. There are some things happening at the Combined Air Operations Center (CAOC), Al Udeid Air Base, Qatar, and we need you there soon." After receiving approval from Brig. Gen. Neil Rohan, 301st Fighter Wing commander, as well approval from my spouse, the rush was on to prepare for this short notice deployment.

The deployment started with a trip to the Air National Guard at Andrews AFB Md.; Headquarters Central Air Forces (HQ CENTAF) at Shaw AFB S.C.; and Headquarters Air Force Reserve Command (HQ AFRC) at Robins AFB Ga.; to receive numerous CENTAF AOR situational briefings. Invariably, the job stood as Senior Air Reserve Component (ARC) Advisor to the Combined Forces Air Component Commander

(CFACC), HQ CENTAF-Forward, Al Udeid AB.

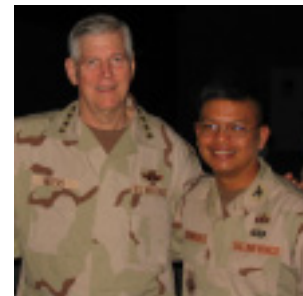
Primary responsibilities were to advise the Deputy CFACC, USCENTAF Deputy Commander Air Force Forces (COMAFFOR), and the Deputy Commander, 9th Air and Space Expeditionary Task Force (AETF), and his staff of all issues involving the over 5,000 Guard and Reserve personnel serving in the CENTAF AOR.

Many deployed wing, group and squadron commanders worked very closely with COMAFFOR staff directorates. After reading all these fancy words, the job description boils down to working issues for our ARC personnel.

We arrived in Al Udeid during the Battle of Fallujah aftermath. Of course, the CAOC was extremely busy managing the air campaign and evacuation of casualties. Although my primary base was Al Udeid AB, half the time was spent visiting our ARC personnel throughout the AOR.

The visits were meant to interface with wing and unit commanders, resolve issues with wing PERSCOs, and to conduct town hall meetings with our ARC personnel. A visit with our Reserve and Guard personnel took us out to the field in Baghdad and

During his deployment Col. Max Mendoza (right) met up with Gen. Richard Myers, Chairman, Joint Chiefs of Staff, at Al Udeid AB, Qatar, during a USO Show.



Balad, Iraq; Ali Al Salem, Kuwait; Al Dhafra, United Arab Emirates; Kharshi-

Khanabad (K2), Uzbekistan; and Bagram, Afghanistan. Visits to our allied forces ranged from such places as Thumrait, Oman and Bahrain.

During lunch with a bunch of US Army Soldiers in Baghdad and Bagram, it was surprising to learn half of the Soldiers, deployed to Iraq and Afghanistan, were also Reserve and Guard personnel.

Among many issues handled in the AOR, were Contingency, Exercise and Deployment (CED) and Title 10 order mismatches; tour extensions and gaps; accountability of ARC personnel in the theater;

**(DEPLOYED,
continues on page 10)**



Col. Max Mendoza, 301st Mission Support Group commander, pauses for a mementos photo for the scrapbook after arriving in the Area of Responsibility. (Official AF Photo)

101 Critical Days of Summer

Memorial Day Weekend signals the start of summer, traditionally a time of fun and sun.

During the 101 Critical Days of Summer, we sometimes try to do too much because of the extra sunlight. Most mishaps involve one or more of the following factors: alcohol, fatigue,

darkness, bad weather, poor judgment, inappropriate risk-taking.

Let's use common sense, plan ahead and be prepared, says Lt. Gen. John A. Bradley, AFRC commander. He urges everyone to enjoy the months of summer but to do so responsibly.

FIGHTER LINE

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All photographs in the Fighter Line are Air Force photographs unless otherwise indicated.

Deadline for unsolicited submissions is close of business Monday after the "A" schedule unit training assembly.

Articles should be typed, single-spaced, and, if possible, submitted via email to the public affairs office at 301fw.pa@carswell.af.mil. For more information, call the 301st Fighter Wing public affairs office at 817.782.7170.

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301st Fighter Wing

Airman of the Quarter

Jan. to Mar. 2005

Senior Airman**Lindsay S. Estell****Medical Service Journeyman**301st Aerospace Medicine
Squadron**Senior Airman Estell's accomplishments:**

Senior Airman Estell's expertise develops quickly in every arena from primary care clinic, medical records, hearing conservation and immunizations; he's a Self-Aid and Buddy Care instructor who volunteers many off duty hours with program management and is a major asset for the team; Airman Estell brought order to medical records section by revising over 500 records to meet new requirements; his help in the hearing conservation program helped him attain his certification in record time; he's also a member of the Honor Guard Squadron and is involved in a church youth organization; he raises spirits in shelters ministering to the homeless.

301st Fighter Wing

NCO of the Quarter

Jan. to Mar. 2005

Tech. Sgt.**Nathan J. Robin****F-16 Aircraft Crew Chief**301st Aircraft Maintenance
Squadron**Tech. Sgt. Robin's accomplishments:**

Tech. Sgt. Robin was selected as an 'Superior Performer' during the 2004 Operational Readiness Inspection; "stood" alert for all Homeland Defense unit commitments from 2002 to present ensuring aircraft were fully mission capable, personnel were trained and assests were in place; he was hand-picked to perform duties as night shift expeditor during a deployment to Luke AFB, Ariz. earlier this year; he completed the Senior NCO Academy as a Staff Sgt.; he's a staff member of Helping Inner-city Kids in Danger also serving as their bus driver for "Super Saturday Ministry." He volunteers as assistant basketball coach for Crowley Youth Association.

Letters from the sand



Two 301st Security Forces Squadron members take time out of a very serious situation to joke with some members of the local community. Various 301st Fighter Wing members continue to be deployed overseas in support of Operations IRAQI FREEDOM and ENDURING FREEDOM as well as Operation NOBLE EAGLE in the continental United States. (Courtesy Photo)

Master Sgt. Jimmy Camargo

810th Civil Engineer Flight

To deployed family members:

Most of you can tell, communications are very limited at this time. I know that everyone is extremely busy and therefore, I hope everyone has already heard from their loved ones. Below is an email about some of the experiences from this deployment.

Just an update for you. We are still in the process of moving to our new location. The captain and myself have stayed behind at Camp Victory to attend a four-day force protection design course and wrap up some outstanding administrative

issues such as setting up our unit Field Ordering Officer and Class-A Paying Officer accounts.

We are also coordinating the departure of our 20-foot by eight-foot conex (storage box) that's loaded with our office equipment. I anticipate we'll be joining the rest of our team at our new location the middle of next week.

Most of my time is spent trying to do what in the states would be simple tasks. Our building doesn't have a phone, computer access lines, heat, air conditioner, or for the last two days, electricity. (We ran an extension cord to a generator next door).

I needed to use a phone a few days ago and walked six

(SANDS,
continues on page 8)



As the Air Force Reserve Command's Financial Management NCO of 2004, Staff Sgt. Monica Collado finds her job made easier by working with professional people. (Photo by Tech. Sgt. Stephen Bailey, Public Affairs.)

who tackles any job with a passion for giving 100 percent of her efforts. A take charge personality, articulate, a real team player, goal-oriented and a true citizen soldier were just some of her personal attributes noted by supervisors and co-workers.

"I love what I do – it's that simple," said Sergeant Collado. "I have a real passion for accounting and financial management. I enjoy every aspect of researching an issue, finding an answer and expressing that information to our customers." She went on to say the encouraging environment she works in makes it easy to ask questions and to learn; her supervisors and co-workers make the job fun. "Monica is a great asset to our office who is always willing to volunteer and give all she can," said Master Sgt. Beverlin Smith, NCOIC customer service.

Serving as an Air Force reservist since 2001, Sergeant Collado

is not shy in expressing her appreciation to the military. "The reserve has given me a great opportunity to serve while it provides me the flexibility to continue my college pursuits as well as handle my responsibility as a wife and a mother to our daughter, Madison.

Noted for her excellence of service, officials have been impressed with how she has grasped complex concepts of military pay. She has often been asked for by name to assist in special projects such as helping to reduce the heavy workload in the Case Management System by nearly 25 percent. Sergeant Collado has also shown her team spirit by mobilizing to Langley AFB, Va., and assisting with their unit's travel pay section.

"This is the career I have chosen for myself – it's rewarding and it means a great deal to me. I just want to give the best effort possible," she said.

FM sergeant wins big

**Tech. Sgt.
Stephen Bailey**
Public Affairs

For Staff Sgt. Monica Collado, receiving the NCO of the Year award, was simply doing her job the best she could every day, but for those who work with her, it was an early recognition of many more awards to come.

The top financial management NCO award for the Air Force Reserve

Command is presented to those who have made consistent efforts in improving financial programs within the command – her supervisors were all in agreement – Sergeant Collado was the best choice.

Sergeant Collado is not what most people think a bean counter should be like; she's is far from that. Her energetic style and helpful personality make her a quality team player



Airman 1st Class Brett Bouyer (left), 301st Security Forces Squadron, works with Staff Sgt. Monica Collado to ensure his finances are in order as a newcomer to the 301st Fighter Wing. (Photo by Tech. Sgt. Stephen Bailey, Public Affairs.)

Texas summers

Working up sweat can be hazardous to your health

Master Sgt. J. Douglas Quiroga

301st Safety NCO

On a typical North Texas midsummer day, temperatures can reach 98 degrees, especially with the hot sun and high humidity.

It's Saturday and you have a big agenda. You get up early and start mowing the yard; by 10 a.m. you're finished. The temperature is climbing past 84 degrees. Now, you've got to work on the flower beds with the "Mrs." Moist air now comes in from the Gulf of Mexico.

By noontime, the relative humidity has reached 85 percent and it's 90 degrees. You

continue alone to work in the flower beds for the next couple of hours while drinking a cold beer. By 2 p.m., you've had four beers and it's 98 degrees with 95 percent humidity.

You've been working under the sun for about six hours. You start noticing, the more beer you drink the thirstier you get, yet your mouth seems very dry.



It is time to answer a few very important questions: Is your life insurance current? How far are the nearest medical facilities?

You are a good candidate for a heat stroke! You're already moderately dehydrated, and in a couple more hours, if you keep this up, you could experience rapid breathing, rapid pulse, cold hands and feet, blue lips,

confusion and lethargy.

Be sure to watch out for:

- ✓Temperatures past 90 degrees
- ✓Constant direct exposure to sun rays
- ✓High relative humidity
- ✓Exhausting outdoor work (or indoors if you don't have air conditioning)

Now, here are a few tips to help prevent becoming a heat stroke victim:

- ✓Wear loose-fitting, lightweight, light-colored clothing
- ✓Limit vigorous activity during hot, humid weather
- ✓Short workouts are safer than long ones if you have to exercise in the heat

(HEAT, continues on page 10)

Ability to be flexible may save you pain

Capt. William Church

701st Medical Squadron

Low Back Pain (LBP) affects 80 percent of the adult population and is the common cause of limited activities in persons 45 years and younger according to the McKenzie Institute U.S.A. These findings show about 10 million in the USA lose work-time daily due to LBP.

Everyone has either experienced or knows someone who has experienced the debilitating effects of LBP. Most LBP cases resolve using the body's natural healing process, but most, approximately 90 percent, become recurrent.

With such a large percentage experiencing LBP and an



equally high amount experiencing reoccurring LBP, what can the average person do to limit the likelihood for producing LBP? Here are some tips and techniques to follow to prevent some predisposing LBP factors.

First and foremost are the effects of posture -- how we position our spines when we sit, sleep and work. The spine has natural curves. Postures which reduce or accentuate the normal spinal curves will eventually produce pain.

We've all sat in cramped positions such as in a small taxi, airliner, or chair. Often stiffness, pain, and an inability to walk upright occur when trying to get out of these positions. Maintaining the natural position of the spine will limit the effects of bad posture.

Second, patients with LBP lose their extension mobility placing undo stress on the

spine.

Finally, how often we bend our backs is called flexion. The problem with flexion is how much time we spend in flexion positions. Over time, persons can lose mobility for extension in the spine.

How can this be helped? Interrupting these flexion positions limits this stress on the spine. Without interrupting positions we're predisposed to back injury. Nothing hits this point home harder than what we feel when lifting heavy or light weight, repeatedly.

Think about activities at home such as weeding the lawn, raking leaves, or shoveling dirt. These activities require a lot of forward bending. The risks for producing LBP increases the more time we spend in a repetitive lifting activity.

When you lift weight with your back bent (a position of flexion) and the knees

straight, the pressure in the spine increases five times than when standing straight. But, when the same weight is lifted with the back straight and the knees bent there's much less stress.

Just remember, you can limit the likelihood of LBP by limiting the predisposing factors of LBP. Maintain the natural curve of the spine during daily activities, maintain normal spine mobility with appropriate exercise, and lastly, limit the frequency and position of flexion.

Reviewing proper lifting techniques will help limit LBP. The more we bend our knees while keeping a straight back, the less opportunity for back injury.

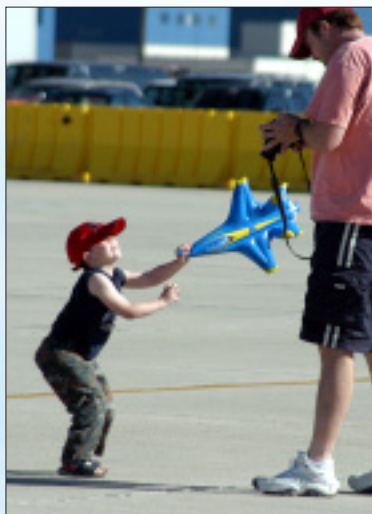
Those currently experiencing LBP should consult with their doctor for an evaluation prior to beginning any spine treatment or exercise program.



Mimicking a Blue Angel F-18 maneuver with an air show souvenir, this young man gets a "heads-above-the-crowd" seat while watching aerial acrobatics of this year's Texas Thunder Air Show. The pilots perform approximately 30 maneuvers during the aerial demonstration. (Photo by Tech. Sgt. Julie Briden-Garcia, 301st Public Affairs.)



(above) As he taxis down the airstrip, the VFA-201 pilot in this F-18 gets a big Texas hello from a member of the crowd. (Photo by Tech. Sgt. Julie Briden-Garcia, 301st Public Affairs.)



(left) For some youngsters, the souvenir booths provided additional fun as this little boy shows his dad how the Blue Angels soar through the skies. (Photo by Tech. Sgt. Julie Briden-Garcia, 301st Public Affairs.)



Sunglasses and sun screen were in high demand during this year's air show, where coordinators estimated approximately 287,000 people in attendance. (Photo by Tech. Sgt. Julie Briden-Garcia, 301st Public Affairs.)



Great walls of fire! Jan Collmer's FINA Extra 300L sits s place with VFA-112's F/A-18 dropping explosives and Ar Sea Dragon helicopter. (Photo by Tech. Sgt. Julie Briden-Garcia, 301st Public Affairs.)



This U.S. Army Paratrooper from the 143rd Infantry, Austin, Texas, soars through the sky while notes of "I'm proud to be an American", filled the crowd. (Photo by Tech. Sgt. Julie Briden-Garcia, 301st Public Affairs.)



The Blue Angels Naval Flight Demonstration team displays one of its many maneuvers during this year's air show, themed "Texas Thunder - A Salute to the Guard and Reserve in Defense of Freedom." (Photo by Tech. Sgt. Julie Briden-Garcia, 301st Public Affairs.)



Maj. Hubie "Nato" Hegtvedt, 457th Fighter Squadron Director of Operations, takes great care loading curious young air show goers into the seat of the F-16 static. Many aircraft and military units were represented at this year's Texas Thunder Air Show. (Photo by Master Sgt. Bill Goben, Tenth Air Force, Public Affairs.)



A battle scenario takes place on the taxiway as Army Reserve troops parachute out of a MH-53E helicopter. (Photo by Tech. Sgt. Julie Briden-Garcia, 301st Public Affairs.)



Reminiscing old times, this security guard swaps Anacostia Naval Academy graduation dates with one of the Navy Blue Angels aerobatic team members. Seems this chance meeting brought the '57 and '91 naval academy graduates together during a poster signing. (Photo by Tech. Sgt. Julie Briden-Garcia, 301st Public Affairs.)

Wing exercise helps prepare for real-world actions

Tech. Sgt.
Stephen Bailey
Public Affairs

The 301st Fighter Wing continues to demonstrate its successful ability in conducting, operating, and surviving in a war-time environment by engaging in a full-scale chemical readiness exercise April 17.

Complete with air and ground attack scenarios, exercise instructors simulated several chemical environments so strengths and weaknesses could be evaluated. The end goal was not to 'write up' but to strengthen the wing's overall abilities.

"It's been one year since our Operational Readiness Inspection," said Chuck Stewart, 301st Readiness Flight chief. "This exercise is part of a requirement we must fulfill every 15 months so we stay prepared and focused."

A few areas tested

were command and control, personnel reaction times to changes in chemical environments and Task Qualification Training. The TQT provides inspectors a chance to see individuals perform their daily tasks in chemical situations.

"Our required practicing gives us the ability to be ready if and when we are called into a real-world situation," explained Mr. Stewart.

The exercise focuses on these key areas: unit control centers, the NBC cell, the Survival Recovery Center and the Wing Operations Center. Basically, the unit control centers serve as the information hub-- they detect, monitor and report any type of chemical environment changes. The UCC then reports its findings to the NBC cell who makes assessments and reports their findings to the SRC.

The SRC is manned with department heads



Tech. Sgt. Sonya Wilson assists Staff Sgt. Annie Faison, both 301st Fighter Wing legal office assistants, on how to properly wear the chemical suit ensemble. Team work is a key factor in surviving in a hazardous environment. (Photo by Tech. Sgt. Stephen Bailey, Public Affairs.)

who further analyze, make recommendations then report to the WOC informing the wing commander of recommended actions.

"This order of response is vital in assessing chemical situations. We must rely on people,

especially within the UCC, in performing their jobs accurately and timely or lives could be lost," Stewart said.

According to officials, regular training eliminates mistakes--results gained from the past have made the 301st into a

more prepared fighting force.

"Our people worked hard to achieve this success," said Brig. Gen. Neil Rohan, 301st FW commander. "I'm extremely proud of their dedication and commitment to our mission."



A number of 301st Fighter Wing and Tenth Air Force members are deployed in support of operations in and around Southwest Asia. Kneeling second from the left is 301st Civil Engineer Squadron Master Sgt. Darlies; next to her is Col. Robert, 810th CES commander. Top row, second from the left is Lt. Col. Todd, 810th CES executive officer. (Editor's note: Only rank and first names are used for security purposes.) (Official US Air Force Photo)

(SANDS, continued from page 3)

blocks to use a phone and was not able to get an outside line (there's only 10 DSN lines outbound on base).

We have a two-seater humvee, so the rest of us ride in the back. It makes for a very cold and windy ride in the morning. Our trailer is around five miles from the office so we lose half an hour a day in transportation time; lines are 10 minutes long for lunch; and I waited two hours for an ATT phone last night; MWR computers are a one-hour wait at certain

times and then only 30 minutes access time.

I suppose what I am saying is, right now, the operation is full of inefficiencies--be prepared for it; the mission is justified and overdue; and there is a lot of work here to be done.

We do spend time coordinating with the other engineer assets here, Corps of Engineers and army types, trying to figure out who has what project. It's all been a challenge. We do have good access to base maps and building plans. The base master plan is their biggest priority.

Fighter Focus on...

Tech. Sgt. Angela A. Rabel


Hometown:

San Jose, California

Organization:

301st Aerospace Medicine Squadron

301st member since:

May 2002

Position:

Medical Technician

Which means:

"I give immunizations and a large part of my job involves pre- and post deployment activities."

When not at NAS JRB:

"I am a full time Air Reserve Technician, and mother of two."

The most rewarding aspect of my job:

"...is contact with troops serving in support of the war in Iraq; keeping them healthy, seeing them before they leave and as soon as they return!"

Favorite past-time:

"I enjoy snowboarding and going to the beach."

Goals:

"My future goal is to eventually become a nurse and possibly get a commission."

Health plan extends care for reservists

WASHINGTON – Health care for reservists gets a booster shot April 25. That's when a premium-based health care plan starts for those activated for a contingency anytime since 9/11.

Department of Defense officials announced Tricare Reserve Select at a Pentagon news conference March 24.

"We are committed to providing the proper combination of compensation and benefits that will allow us to attract and retain the world's best fighting force," said Charles Abell, principal deputy undersecretary of defense for personnel and readiness.

TRS offers a bridge for reservists entering or leaving active duty who are not covered by a civilian employer or other health insurance plan. It's similar to Tricare Standard and comparable to the Blue Cross and Blue Shield Plan for federal employees.

Monthly premiums for a reservist are \$75. A reservist and family pays \$233. Premiums will be adjusted annually.

Coverage ends when the service agreement ends. It stops sooner if the reservist separates from the Selected Reserve, voluntarily withdraws from the program or fails to pay the monthly premiums.

The Tricare Web site www.tricare.osd.mil/reserve/reserveselect will have more details. (AFRC News Service)

Portal provides more

WASHINGTON — Air Force senior leaders have asked that all airmen sign up for a new Web-based technology that promises to streamline access to information across the force — the Air Force Portal.

In a December information technology initiatives memo, Secretary of the Air Force Dr. James G. Roche and Chief of Staff of the Air Force Gen. John P. Jumper asked that all airmen sign up for an Air Force Portal account as soon as possible.

"The Air Force Portal will be the airman's interface to all services and information needed to perform his or her job," the memo stated.

Airmen may register for access to the portal by logging onto the Web site at <https://www.my.af.mil> and

clicking on the self-registration link. The registration process is self-guided.

The portal is a Web-based system developed to incorporate as many Air Force information applications as possible. The result of such an integration is that systems such as the virtual military personnel flight or functional area applications, such as a munitions ordering or parts tracking system, would all be accessible from one Web site, said Lt. Col. Dan Hausauer, portal integration division chief.

The key benefit to such an integration is the idea of a single user login. Once a user logs in, the portal itself authenticates a user into the application. This means that with each new application integrated into the portal, users will have one less Web address, login name and password to remember, Colonel Hausauer said.

As more systems are brought into the portal, the Air Force moves closer to its overall vision for a Net-centric force.

PT still mandatory for those on profile

MCCONNELL AIR FORCE BASE, Kan. (AFPN) — Many Airmen believe being on profile is an escape route from participating in unit physical training, but officials here said it is not.

"Just because a (person) has a profile that says 'no running, jumping, crunches, push-ups, and no cycle ergo' does not mean that the (Airman) cannot go to the fitness center and participate in unit fitness," said Lt. Col. Kathleen Ankers, 22nd Medical Group's medical staff chief.

There are only a few reasons an Airmen can be exempt from unit fitness, which include being hospitalized, being closely medically supervised during convalescence from a very serious illness and being on medically prescribed bed rest, officials said.

Though a person may not be able to participate fully in all the unit's specific exercises, he or she will need to participate in an individual

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Chaplain's Corner

In pursuit of goodness with great love

Chaplain (Capt.) Mark McDaniel

301st Fighter Wing Chaplain's Team

The 23rd Psalm is perhaps the most well known passages of Scripture. Without exception, this passage is requested at each funeral that I have performed. There is great comfort from each word of this beloved Psalm. Its words, however, speak beyond the times of death into our daily lives.

We are comforted by the truth which God himself "shepherds" us as He guides and directs our daily lives. The God of the Bible is active and living and leads us to the places where we can find the nourishment and care that we truly need. Like sheep, we all need correcting and guidance to maintain a right path in life.

We are told God has an interest in restoring our very soul on a continuous basis. We can walk through the dark

valleys of life without fear due to the fact the Lord of the Universe is right there beside us. Even when we are in the presence of those who wish us ill – the Lord has a table prepared and desires our company and fellowship.

Verse six summarizes all of the passage by stating the goodness and mercies of the Lord pursues us with the intention of overtaking our lives with His great love. We also gain assurance that our abode is in the house of the Lord and we will one day dwell with Him forever.

King David, the author of this Psalm, wrote these words centuries ago out of evident struggle and heartache. We don't know why these things had to happen to David. Perhaps David struggled so that he could encourage you and me today when we are struggling through life.

The challenge for us is that will this be a Psalm for you only at your funeral, or will it be a well of truth for you to draw from every day of your life?

**(DEPLOYED,
continued from page 2)**

forward deployed commanders' knowledge of ARC forces; and UCMJ actions.

All this taught a valuable lesson. A unit's quality and thoroughness of their out-processing procedures strongly determined their troops' warfighting readiness in the AOR. After awhile, it became quite predictable who had the problems and what their

assignment units were.

Needless to say, our Reserve, Guard and active-duty personnel are great Americans doing an absolutely superb job in support of Operations IRAQI and ENDURING FREEDOM. We worked very long hours and never took a day off. However, we did make time to express our gratefulness during Thanksgiving, as well as sing carols and pray during the Christmas holidays.

**(CARING,
continued from page 1)**

when you get a box of goodies from kids sending warm holiday wishes, well that really

touches your heart", said Sergeant Gouge.

So a big thanks to Anna Hensley and her sixth grade kids for their most timely and warm, well wishes.



Ms. Anna Hensley (top left adult) and her Carpenter Middle School sixth grade class posed with Master Sgt. Sean Gouge and Captain Dan Dickey with a 301st Fighter Wing appreciation gift, a signed 457th Fighter Squadron F-16 poster. (Courtesy Photo)

**(HEAT,
continued from page 5)**

✓Use a newspaper, fan or towel to circulate air around the victim

✓Sprinkle with water

✓Victim's feet should be elevated to direct blood back toward the head

✓If victim is conscious he

should drink plenty of fluids

✓Get medical assistance.

The bottom line is that we can all avoid heat stroke by realizing that it can happen to anyone -- take care of yourself and be aware of the scorching summertime heat! The food is not the only thing that's hot in Texas!



Taken during a visit to Bagram, Afghanistan; Col. Max Mendoza, (ARC) Advisor to the CFACC, HQ CENTAF-Forward, and his deputy Air Reserve Component Advisor, Maj. Chris Alonzo, pose with an A-10 crew chief deployed from the 926th Fighter Wing, NAS JRB New Orleans. (Official USAF photo)

New testing base allows for flexibility

With the full implementation of computer based testing, our schedule for testing has changed dramatically.

Regularly scheduled testing is on Tuesdays at 1 p.m.; Thursdays at 9 a.m.; Saturdays, "A" UTA at 1 p.m.; Sundays "A" UTA at 9 a.m.; Saturdays, on alternate UTA at 1 p.m.

However, the biggest change probably has been in unscheduled testing. Should you need to test, and none of our "scheduled" testing times are convenient to your schedule, please call us at 817.782.6981. With a few hours notice, this office may accommodate same day testing.

We must have a current AFIADL website printout. So, if the website is down, we can't allow you to test, and we must allow three hours for the testing session; so testing must begin no later than 1:30 p.m. because our office closes at 4:30 p.m. However, beyond these two limitations, we'll do everything we can to accommodate your schedule.

The new process has given us access to well over 950 computer-based exams, and with very few exceptions (i.e. Air War College), almost everyone will be testing computer-based, and receiving their score on the same day the test is administered.



Fit to fight

Maj. Gen. David E. Tanzi, Air Force Reserve Command vice commander, left, helps Chief Master Sgt. Fermon Reid, supply functional manager in the AFRC Logistics Directorate, during the Air Force physical fitness test at the Robins Air Force Base, Ga., March 22. (U.S. Air Force Photo by Staff Sgt. Jennifer Gregoire)

(AFRC NEWS, continued from page 9)

exercise program.

Health and wellness center officials can tailor individual exercise routines to meet the person's needs and limitations.

"We conduct a one-on-one interview with (Airmen) to determine (their) limitations unique to them, such as high blood pressure, pregnancy or injuries," said Bart Patterson, a health technician at the center here.

In most cases, the person's limitations are what prevent him or her from participating in the unit's program, officials said.

Once the limitations are assessed, they list their goals, such as to lose weight or increase muscle mass, and describe what type of workout they want.

"They tell us how often they want to work out and what equipment they want to use. If their ideal workout isn't effective, we tailor it. It is a very individualized process," Mr. Patterson said.

Airmen may not be able to run or complete the push-up portions of the fitness test, but if they are able to have their abdominal circumference measured, they can be fitness tested, since a score can be calculated on

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OFFICIAL BUSINESS

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OPSEC tip of the month —

Never leave a laptop computer unattended in public places; its an easy target.

the basis of just one measure, officials said.

A primary care provider can recommend exception from abdominal circumference testing only after an abdominal surgery or up to 180 days after pregnancy, according to Air Force Instruction 10-248, Fitness Program.

Airmen who violate a profile can have administrative action taken by their commander. This could possibly have negative repercussions if they meet a medical board and it is documented that they did not follow orders. (AFPN)

PROMOTIONS, REENLISTMENTS and NEWCOMERS

Promotions

301 SFS

Master Sgt. Jose I. Munoz, Jr.

301 MXS

Tech. Sgt. Jason P. Chandler
Tech. Sgt. Edward S. Heffelfinger

Reenlistments

301 CES

Tech. Sgt. Earl W. Nulf

301 AMXS

Tech. Sgt. Wilburn J. Battles, III
Senior Airman Kenneth R. Daily
Tech. Sgt. Tracy E. Fulcher
Staff Sgt. John A. Hutchinson
Master Sgt. Scott A. Jongewaard
Tech. Sgt. Monty S. Lovelady
Master Sgt. Kenneth W. Stasny
Tech. Sgt. Janice C. Williford

301 FW

Tech. Sgt. Brock C. Hine

301 OG

Tech. Sgt. Patricia D. Willis

810 CEF

Master Sgt. Jimmy Camargo

301 MXS

Master Sgt. Franklin E. Gum, III

610 RSG

Senior Master Sgt. James L. Hutto
Tech. Sgt. Christopher T. Long
Senior Master Sgt. Michael G. Masters

301 SFS

Master Sgt. Jack L. Bass

610 SFS

Tech. Sgt. John D. Rosario
Senior Airman Beau K. Welch
Tech. Sgt. Larry D. Long
Tech. Sgt. Stanley Reece

301 CF

Staff Sgt. Derek W. Greer

73 APS

Tech. Sgt. Kimberly J. Brewer
Tech. Sgt. Tommy R. Chasteen, Jr.
Senior Master Sgt. Brent A. Venable

301 LRS

Senior Airman David L. Britton
Staff Sgt. Rachael A. Kiernan
Master Sgt. Kurt A. Morsbach
Tech. Sgt. Travis L. Rawlinson

Newcomers

701 MDS

Senior Airman Paige Senghor
Senior Airman Mark Hammond
Airman 1st Class Cameron Gilmer

457 FS

Airman 1st Class Cox Cary
Master Sgt. Alton Brunswick

301 FW

Staff Sgt. Caribe Polk

301 MXS

Senior Airman Michael B Smith
Staff Sgt. Michael Grace
Senior Airman Edwin Rodriguez
Staff Sgt. Robert Rollins
Airman 1st Class Tony Echavarria
Senior Airman Ryan Marley
Senior Airman Mark Orr

73 APS

Airman 1st Class Landon Bonds
Tech. Sgt. Jeffrey Hurt
Airman 1st Class Juan Peralta

301 MSS

Airman 1st Class Robert Benton

301 AMDS

Staff Sgt. Daniel Muniz

301 AMXS

Airman 1st Class David Triggs
Airman 1st Class Julio Garcia
Staff Sgt. Bobby Powell

301 CES

Capt Wilkinson Bill
Airman 1st Class Anthony Gillespie
Tech. Sgt. Danny Jones
Master Sgt. Robert Gilligan